Wellness GUIDE

Uncover your desire for health & wellness in Ontario County!

Visit FingerLakes.com/wellness
Our Wellness Map gives you many options to better care for yourself, physically, psychologically and spiritually. Traveling with wellness in mind allows you to return home from your trip feeling relaxed, rested and rejuvenated. We’re sure you’ll uncover something wonderful here!

Grimes Glen, Naples
Choose from a variety of heart-pumping activities during your time in the Finger Lakes, from biking and walking to swimming and skiing. With trails galore, keep your heart rate up while taking in the sites, no matter the season.

Canandaigua Sailboarding, Canandaigua

Stretch it out at a yoga class or take some “me time” at one of our local salons and spas. Center yourself during your next Finger Lakes retreat and hit the reset button at one of these local spots.

Finger Lakes Forest Immersion, Naples
Our parks and playgrounds are favorite go-to spots for kids and parents alike. Pick a spot, then prepare for you and your crew to be entertained for hours on end.

Looking for your next photo op? Get picture-perfect memories by visiting one of our top scenic spots in Ontario County.
Mindful Health

Travel is as much about expanding your mind as it is about getting away from it all. From the Iroquois’ use of white corn in the 1600s, to the medical sulfur springs used as health spas in the 1800s, experience a mindful experience to enrich your soul.

Ganondagan State Historic Site/Seneca Art & Culture Center, Victor

Farm Life

Check out a fresh experience as you visit and explore the local farms and markets that have provided healthy fun for generations.

Golden Oak Alpaca Farm, Honeoye
finglakesyogascapes.com
(585) 234-7722

(pinnacleathleticcampus.com

7191 County Road 41, Victor
(585) 924-5848
ganondagan.org

canadaigua VA Farmers Market
35 Lakefront Drive
(585) 289-3720
farmersmarket.cityofgeneva.com

mountainhorsefarm.com
(585) 374-5056

recess.nysparks.com

Sonnenberg Gardens & Mansion State Historic Park
151 Charlotte Street, Canandaigua
(585) 384-4102
sonnenberg.org

250 Eastern Blvd, Canandaigua
(585) 433-2930

pinnacleathleticcampus.com
(585) 234-7722

hunthollow.com
(585) 374-5428

fingerlakeswateradventures.com
(315) 789-5520

5589 South Hill Road, Canandaigua
(585) 669-9512

bristolmountain.com
5662 Route 64, Canandaigua
(585) 473-2590

mountainhorsefarm.com
Park West Hair Design & Spa
14 Lakeshore Drive, Canandaigua
(585) 393-1480
parkwesthairandspa.com

2200 State Routes 5 & 20, Stanley
(585) 526-2035

villageofmanchester.org/trail.htm

hunthollow.com
(585) 374-5428

fingerlakeswateradventures.com

Jewish Community Center of Geneva, New York. Explore the city's history
and hiking, nurture peace by connecting
stand-up paddling yoga to snowshoeing
fingerlakesyogascapes.com

Geneva Historical Society
543 South Main Street, Geneva
(515) 789-5151
genevahistorical.com

Gray's Glen Park
2200 State Routes 5 & 20, Stanley
(585) 217-7108
talboterglamping.com

Lazy Acre Alpacas
8335 Baker Road, Bloomfield
(585) 955-1303
lazyacrealpacas.com

Pickerel Ridge Farm
115 Long Cabin Road, Victor
(585) 217-7108
keltnerridgefarm.com

Ray of Hope
1860 State Route 33, Middlesex
(585) 243-9400
rayofhopeatbath.com

Rogers Park
155 Lakeshore Drive, Canandaigua
(585) 396-5050
canandaiguawelcome.org

City of Geneva Farmers Market
35 Lakefront Drive
(585) 789-5205
cityofgeneva.com/farmers-market

Green Apple Alpaca Farm
2331 State Route 20A, Honeoye
(585) 229-5445
alpacaventy.net

Howdy’s Farm Market
1901 State Route 444, Victor
(585) 957-6730
howdysfarmmarket.com

Hunt H Hill Nature Preserve
Hunt Hollow Road, Naples
(585) 396-5060
hunthollow.com

Kershaw Park
155 Lakeshore Drive, Canandaigua
(585) 396-5050
canandaiguawelcome.org

Countryside Market & Spa
2331 State Route 20A, Honeoye
(585) 229-5757
townofcanandaigua.org

Comstock Park
2315 State Route 20A, Honeoye
(585) 229-2100
townofcanandaigua.org

Golden Oak Alpaca Farm
4996 State Route 64, Canandaigua
(585) 394-4903

Bramston Farms
2200 State Routes 5 & 20, Stanley
(585) 526-2035
villageofmanchester.org/trail.htm

Manchester Gateway Trail
8 Clinton Street, Manchester
(585) 289-6346
villageofmanchester.org/trail.htm

Ontario County Pathways
260 Ontario Street, Canandaigua
(585) 284-7722
ontarioathwart.org

Pinecastle Athletic Campus
7800 Pinecastle Road, Victor
(585) 453-2930
pinecastleathletics.com

ROTLIC Cumming Nature Center
6472 Gulf Road, Naples
(585) 374-6160
rotlincummingnaturecenter.org

Round Lake Water Park
256 Eastern Blvd, Canandaigua
(585) 353-WADE (9233)
roundlakewaterpark.com

Poster Hiking Trails
85 East Main Street, Victor
(585) 234-8226
victorny.org

Wendy Hill Nature Preserve
6297-6051 Galush Road, Naples
(585) 275-3947
fls.org

Canaanadaigua Sailboating
11 Lakeshore Drive, Canandaigua
(585) 394-8150
canadaiguawelcome.org

dig on the north end of Canandaigua lake. Find great destinations for windsurfing, hang gliding, stand-up paddle boarding, and scuba. Lessons, find your destination for windsurfing, kayaking, summer. stand-up paddle boarding, and scuba. Lessons,
Joseph’s Wayside Market, Naples

Farmers Markets, Canandaigua, Victor, Geneva

On the Web!
See even more wellness information online at VisitFingerLakes.com/Wellness

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(877) 386-4669 | (585) 394-3915
VisitFingerLakes.com/wellness

While every effort is made to provide accurate and up-to-date information, specific details are subject to change. Travelers are advised to confirm the specifics of each listing before making plans.